



Birmingham's Bounty

*THERE'S MORE THAN MEETS THE EYE
WHEN IT COMES TO BIRMINGHAM'S
ROBUST FOOD SCENE*

The Hollywood effect may have made Alabama synonymous with fried green tomatoes, but the dish is only a taste of the culinary riches the state has to offer. Those savory 'maters, along with signature dishes such as chicken wings and white sauce, pork and greens, and Hot Bama Brown sandwiches—while deserving of every guest's time and attention—are just one part of the epicurean culture. And nowhere is that more obvious than in Birmingham. Here the thriving restaurant industry is proof that Alabama is not only a Southern dining destination, it's a hotbed of innovative, inspired cuisines as well.

For a food-focused journey through Birmingham, it's best to pick a neighborhood, start exploring to work up an appetite, then dive in. In downtown, for instance, diners need only look at the first line on Helen's menu, "Warm Angel Biscuits," to know they've found sustenance salvation. That appetizer blessing is just a preview of the elevated Southern grill su-



From far left: Birmingham's Rotary Trail greets visitors to downtown; fresh catch can be found at Automatic Seafood and Oysters; Regions Field is home to the Birmingham Barons baseball team.

perlatives to come. Think simmered black-eyed peas, okra a la plancha, and strawberry bread pudding. The spiritual awakening continues just a ten-minute walk away at Queen's Park, a classic cocktail bar and Tales of the Cocktail Foundation's 2022 Spirited Awards honoree, where busy travelers can rest their feet and enjoy a nightcap. Should visitors want more of a choose-your-own-adventure approach to dinner downtown, just a twelve-minute walk southwest delivers the recent addition Pizitz Food Hall. The perfect solution for a party with a variety of tastes, the twelve-stall space serves everything from pho to poke, burgers to tacos—all within an easy walk of the Rotary Trail, the city's pedestrian path that welcomes visitors with its giant MAGIC CITY sign.

If a stop at Parkside neighborhood's Negro Southern League Museum to see the largest collection of original Negro League baseball artifacts in the country is on the to-do list, post-tour thirsts can be quenched at Good People Brewing Company. It is situated right across the street from Regions Field, home of the Birmingham Barons baseball team. Guests can cool off with a cold one then grab a bite of international fare like five-spice tofu or a shrimp ceviche tostada from HotBox food truck before pressing on for an entire day dedicated to America's favorite pastime.

Gourmands interested in checking off bucket-list restaurants will want to head to Lakeview. This area is home to Birmingham's esteemed institutions Hot and Hot Fish Club and Automatic Seafood and Oysters. They have both been recognized by the James Beard Foundation for their culinary excellence, and you'd be hard-pressed to find better seafood in the city than from either spot.

Complete the journey in Avondale with a made-from-scratch pizza from Post Office Pies or a serving of SAW's Soul Kitchen's pulled pork. Still hungry? SAW's also sells a fried green tomato BLT. Go on. Movie mythology or not, in Birmingham, Alabama, timeless Southern staples are always worth a try.

*Find more must-eat destinations at
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B'Ham Brewery Crawl

Tap hopping is easy in the Avondale neighborhood

Avondale Brewery

Locals flock to this brewery and music venue for draft Spring Street Seasons and the chance to see big acts, like the War on Drugs and Shakey Graves.

Back Forty Beer Company

Back Forty Beer Company led the state's brewery boom. Today it has two locations, in Birmingham and Gadsden, and is known for its crisp Naked Pig pale ale.

Cahaba Brewing Co.

Not only does Cahaba serve easy-drinking favorites like Oka Uba and Blonde drafts, the taproom also offers guests a chance to play Skee-Ball and cornhole.

Ghost Train Brewing Co.

With a new taproom featuring ninety taps, a cocktail bar, and event space, Ghost Train is a great stop on the new extension of the Rotary Trail.

